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## March 2019 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)  
(Funded by NYSDOH, Bureau of Tobacco Control)

Serving: Chemung, Livingston, Monroe, Ontario, Seneca,  
Schuyler, Steuben, Wayne & Yates counties

Contact Connie Bottoni at [connie\\_bottoni@urmc.rochester.edu](mailto:connie_bottoni@urmc.rochester.edu)  
if you wish to receive or stop receiving this monthly newsletter.

For resources and archived newsletters visit our website at [www.smokingresearch.urmc.edu](http://www.smokingresearch.urmc.edu)

### Break Loose From Nicotine Addiction

Delay: The urge to smoke will pass.

Discuss: Talk about it, get support.

Drink: Water fights cravings.

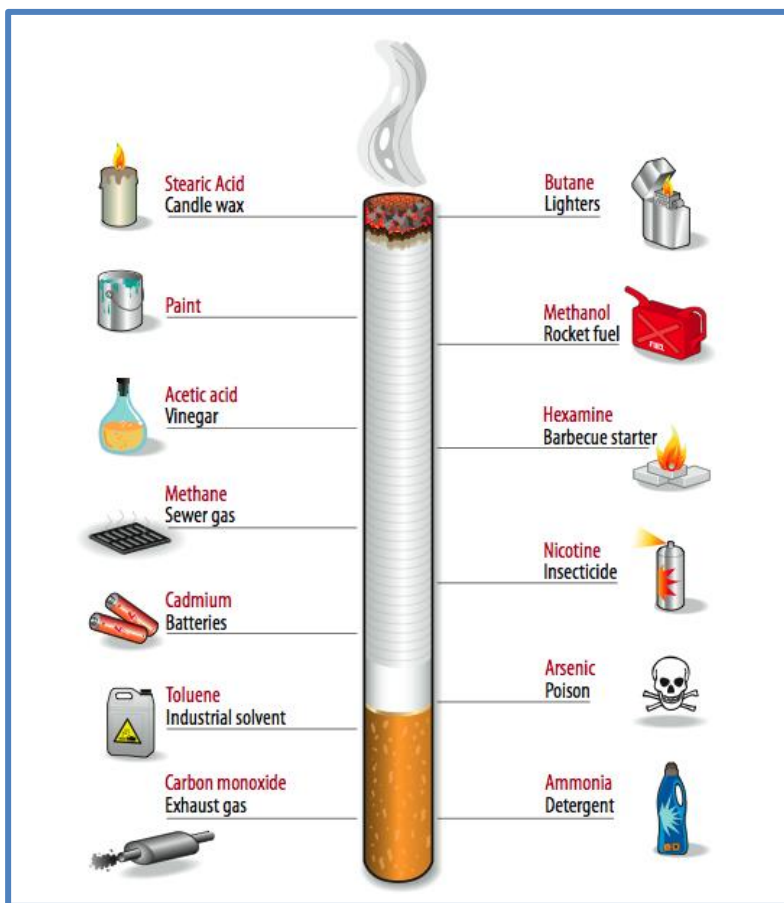
Do Something Else: Get busy.

**THIS MONTH'S NEWSLETTER HAS INFORMATION YOU  
CAN SHARE WITH YOUR CLIENTS TO HELP THEM QUIT  
THEIR TOBACCO USE.**

### Quit Tips

- Throw out cigarettes, lighters and ashtrays.
- Carry a list of why you want to stop.
- Reward yourself for not smoking.
- Slip up? Forget it and try again & don't give up.
- Move your body.

**There are over 7,000 chemicals in a cigarette.**



Tobacco smoke hurts pets. They can develop respiratory infections, lung inflammation or asthma from breathing in secondhand smoke.

**NO SMOKING**



### Taking the first step...

Ask yourself these questions and decide what is most important for you and your health...

1. What do I like about smoking?
2. What concerns me about continuing to smoke?
3. What are my concerns about quitting?
4. How will my life be better when I quit?

For more information or to schedule a CTFFL tobacco intervention training, contact:  
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Tobacco Users and Providers can contact the NY State Smokers' Quitline or visit their website for support and resources.  
1-866-697-8487 or their website [www.nysmokefree.com](http://www.nysmokefree.com).